

# ESCAPE THE CAPE TRIATHLON



**Saturday June 4, 2011**

Onset Pier & Bandshell



**Spectators!** Come and watch athletes swim, bike & run around Onset!

- **Swim:** Begins at Shell Point (9:30AM)
- **Bike:** Travels down Onset Avenue to Little Harbor Beach (9:45 – 11:00)
- **Run:** Along Broad Cove & East River (10:15-11:45)



**\*\*Setup at the Pier will occur all day - Friday June 3rd\*\***

Visit: [maxperformanceonline.com](http://maxperformanceonline.com)